book to Many James of the This was a very openial cooklosh it herself used it all the

My Recipe Book

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When using a recipe the sheet needed may be recoved and set before you.

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Abbreviations

1 Tsp1 Teaspoonful	SuSugar 1 C1 Cupful
1 Tb. or T 1 Tablespoonful 1 Ssp 1 Saltspoonful	1 Pt 1 Pint €
1 Spk 1 Speck F. G Few Grains	1 Qt
FlFlour B. P Baking Powder	1 Oz 1 Ounce 1 Lb 1 Pound

Table of Weights and Measures

and the second s	**
3 Tsp 1 Tb.	2 Tb. Butter1 Oz.
4 Tb	C Pt.
16 Ть1 С.	2 C 1 Pt.
8 Oz. Butter 1 C.	2 Pts 1 Qt.
8 ⊙z. Milk1 C.	2 C. Butter, Packed 1 Lb.
8 Oz. Sugar1 C.	2 C. Meat, Chopped
7 Oz. Rice1 C.	2 C. Gran. Sugar
,7 Oz. Lard 1 C.	2 C. Liquid
11 Oz. Molasses 1 C.	2% C. Brown Sugar 1 Lb.
4¼ Oz. Flour Unsifted 1 C.	2% C. Powd. Sugar1 Lb.
3¾ Oz. Flour Sifted 1 C.	2% C. Oatmeal 1 Lb.
3 Oz. Coffee1 C.	4% C. Rolled Oats 1 Lb.
2 Oz. Tea 1 C.	4 C. Flour (varies) 1 Lb.
1 Oz. Baker's Choc 1 Square	1% C. Rice 1 Lb.
Juice of 1 Lemon 3 Tb.	8 Large, 9 Medium Eggs 1
Flour and powdered or conf	ectioner's sugar should be
i lour and pottacted or com	

sifted before measuring.

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Cutlets

cut fine, black pepper the passley add 2/3 loof grated Italian bread little salt, mexwell.

Beat 5 eggs with plenty of salt, dip steak which has sheen pounded their and cut in small pieces in egg then inabour mexture, fry in o'rl or land,

Cook spaghette in lats of boiling water wash sult for 10 minutes.

does not take long

selps sugar 3 supuales.

Leips water 2 3 euperales

Anthring purper and company and properties of the sugar and company and co what cooked rained canturery and lesson + diell languel Crantisany sheebert

Penersple amelet.

Prepare planor fluffy omeletion usual using semi amous of Pan syng instead of methor water wholeomeles is carking brown includes help or more thopped giller peppers all the cyrubushes Penersple similaring a best thicken the signing forer part of the hot hierpy over the Could corneled follower use remaining Penersple own (op Penersple Eye Opener Crushed Penersple on the Equality delicasing a desvert for mid day or events seme Crushed Penersple.

Polish Tausage - hold wich calitage & potatoes. Brown sausage. en pan. Org Butter hoodle = cook - pour chika 2 Panh Sterk-broil Junh anning

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LAW BRIEFS

PUBLICATIONS

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Meal Balls

1/2 load bread soaked and

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1/2 load bread soaked and

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Italian baccago

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the ald salt & pepper taken

nearly done put mest balls in

Tylin

MONE PUMPKIN PIE

om's)

Beat 2 and 2 that flour and heat.
Add 12 cups that mix. Add 1 ths.
molasses 1 tsp., ginger, tsp.
cinnamon. Add Accup milk and
see 2 cups measurements are white cups.
Bake in oven 425°.

LEMON CHIFFON PIE

grated rind and juice of 1 large lemon

Beat egg yolks, add & c. sugar, lemon and orange and cook on low or in double boiler until thickened. Add scaked gelating and gool. Beat egg whites, add & c. sugar and stir into mixture whtn it is beginning to thicken. Four in baked pie shell and serve when set with thin layer of whipped cream.

MERINGUE

To one egg white add 1 tsp. sugar and tsp. baking powder.

Beat egg white stiff but not dry add sugar and baking powder spread and brown in oven.

monin LIMON PIE

pour boiling water on until right thickness add yolks of 2 eggs, grated rind and plical of 1 lemon, piece of butter, salt, 1 cup sugar. Cook until cornstarch is done, stirring constantly. Pour into baked shell. Spread Meringue on top and brown in oven.

GRAHAM CRACKER PIE

15 graham crackers 1/3 c. brown at the cup melted butter

MERINGUE LEMON PIE

For meringue add 1 tages are or cream of tartar, and 1/8 3 egg whites and beat stiff. Great and beat stiff. Great and beat stiff. Great and bake in slow of the story of the pan and bake in slow of the story of the pan and bake in slow of the story of t

tbs. unflavored bpsp. salt gelatine 1 tsp. grated lemon rid 4 stiff-beaten egg whits 4 beaten egg yolks Whipping cream 1 oc. lemon juice

Cook egg yolks, to sugar, lemon juice and salt in double boiler to custard consistency stirring constantly. Add gelatine softened in cold water and grated lemon rind. Cool. When mixture begins to thicken, fold in egg whites combined with rest of sugar. Pour into baked meringue shell and chill until firm (2 or 3 hours). Before serving spread with whipped cream

BUTTERSCOTCH PIE

Mix 1 cup brown sugar with 1 cup water, stir in 12 tbsp. flour and 2 egg yolks. Butter the size of an egg. Boil until thick. Flavor with vanilla. Bake crust first.

LEMON SPONGE PIE

Grate rind and juice of 1 lemon
1 scant cup of sugar, 2 tbsp. flour, 2
tbsp. melted butter, 2 egg yolks.
Beat together and add slowly 1 cup milk.
Beat eggwhites and add. Pour into crust
and bake 30 to 40 minutes in slow oven.

JACK FROST CANE SUGAR. CONFECTIONERS SUPER X

EASY CHOCOLATE FUDGE

(Makes about 1 lb. 3 cz.)

- 1/3 cup butter
- 3 squares (3 oz.)
 unsweetened chocolate
- 1/4 cup milk
- 3 cups sifted Jack Frost Confectioners Super-X Sugar
- 1/8 teaspoon salt
- 1 teaspoon almond or vanilla extract
- 24 cup chopped almonds or pecans
- 1. Melt butter and chocolate in saucepan.
- 2. Add milk slowly, stirring constantly, until well blended. Remove from heat.
- 3. Add sugar gradually, beating well after each addition.
- 4. Add salt, flavoring, and nut meats. Mix well.
- Spread out in buttered pan (8x8 inches).Chill. When firm cut into pieces.

FOR ADDITIONAL JACK FROST RECIPES WRITE, NATIONAL SUGAR REFINING CO., NEW YORK 5, N. Y.

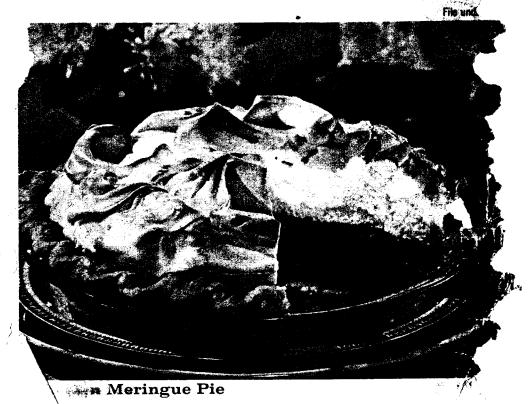
ORIGINAL TOLL HOUSE® COOKIES reheat oven to 373%. Sift together 1 c. plus 2 ths. sifted flour, ½ tsp. baking soda, ½ tsp. sait — set aside. Blend ½ c. butter or shortening, 6 ths. granulated sugar, 6 ths. brown sugar, ½ tsp. vanilla, ¼ tsp. water. Beat in 1 egg. Add flour mixture — mix well. Stir in one 6 oz. pkg. (1 c.) NESTLE'S SEMI-SWEET CHOCOLATE MORSELS, 1/2 c. coarsely chopped wainuts. Drop by half teaspoonfuls on greased cookie sheet. TIME: 10 to 12 min.

BAKE at: 375%.

YIELD: 50 cookies

EXTLES Makes the Vory Bost Chocolate

3est pumpkin pies



This pumpkin pie gets a company dress-up. Spicy cream filling is topped with a billowy meringue—

¾ cup sugar 3 tablespoons cornstarch

½ teaspoon salt 1 teaspoon cinnamon ½ teaspoon nutmeg 1/4 teaspoon cloves
1 cup canned or
mashed cooked
pumpkin
2 cups milk

½ teaspoon ginger

3 slightly beaten egg yolks 1 9-inch baked pastry shell

1 recipe Meringue

In saucepan, mix sugar, cornstarch, salt, and spices; gradually stir in pumpkiff a milk. Cook and stir till mixture thickens and comes to boiling. Cook 2 minutes longer; remove from heat. Stir small amount hot mixture into egg yolks; return to hot mixture. Cook and stir 2 minutes. Cool to room temperature. Pour into cooled pastry shell. Top with Meringue: Beat 3 egg whites with ½ teaspoon vanilla and ¼ teaspoon cream of tartar till soft peaks form. Gradually add 6 tablespoons sugar, beating till stiff peaks form and sugar has dissolved. Spread over filling, sealing meringue to edge of pastry. Bake in moderate oven (350°) 12 to 15 minutes. Cool pie thoroughly before cutting.

Barbara Hunt, Olympia, Washington

GOLD AND SILVER CAKE

oream of tartar. Add 2 cup sifted granus and sugar and 2 cup flour sifted 4 times, and 2 tsp. almond extract. Make as ordinary angel fool cake, make first and put in last.

6 egg volks beaten 2 minutes. Add 2 cup sugar and beat. 2 cup boiling water, 2 cup flour sifted with 1 level tsp. baking pwd. and pinch salt, 2 psp. vanilla. Make last and put in angel food pan first.

2750 for 30 minutes then increase to \$250 for 30

AUNT MAGGIES BOILED CAKE

1 c. water / tsp. cloves
1 c. sugar. 1 tsp. cinnamon
2 tbsp. lard 1 cup raisins

Boil a few minutes then cool. Add 2 cups flour, 1 tsp. soda dissolved in we have in bar tin.

1 Coffee Cop = 1/3 measury Cup



PUMPKIN TARTS

Bake regular pumpkin pie recipe (below) in pastry lined tart shells. Bake at 425°F, for 15 minutes; reduce temperature to moderate (350°F.) and continue baking 25 to 30 minutes, or until a knife inserted in center comes out clean. Garnish with whipped cream and slivered almonds.

Solid PACK PUMPKIN

PUMPKIN PIE

- 2 eggs, slightly beaten
- 1 3/4 cups Libby's Pumpkin
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 3/3 cups evaporated milk, top milk, or light cream
 - 9-inch unbaked pastry shell

Mix ingredients in order given. Pour into pastry shell. Bake in hot oven (425° F.) 15 minutes. Reduce temperature to moderate (350° F.) and continue baking 45 minutes or until knife inserted in center comes out clean.

For 2 9-inch pies, double this recipe, pour into 2 pastry shells and bake as directed.

Serving Suggestions

kin pie is delicious served with wedges of sharp cheddar cheese or garwith whipped cream; chopped nuts; toasted coconut or slivered candied ginger.

CHOCOLATE CAKE

Мощ в

la cups sugar
la cup butter
2 eggs
saltia
la cup dry cocoa

tsp. baking soda vanilla

Cream shortening, add sugar and beaten eggs. Sift dry ingredients together. Add cocoa to shortening. Put baking soda in sour milk. Add dry ingredients and milk alternately to mixture, add vanilla. Last thing before putting in oven add the boiling water.

rilling FOR CHOCOLATE CAKE

1 tablespoon corn starch, meisten with
water add boiling water to thicken. Add
1/2 cup sugar, 1 heaping teaspoon cocoa and
1 teaspoon butter.

BANANA LAYER CAKE

toup butter
the cup sugar
the cups flour

1

3 ts. B. powder 1 cup milk 1 tsp. vanilla

Bake at 375° or 400 for thirty or for minus Slice bananas between layers, cover with boiled frosting. Sprinkle finely chopped walnuts or top. Garnish with red cherries. (Three whole eggs may be substituted for five whites.)

BANANA ANGEL FOOD LAYER CAKE

Follow receipe for Angel Food Cake. Bake in 3 ungreased layer pans. Cool. Put layers together with sweetened, flavored whipped cream and thinly sliced bananas. Cover top and sides with whipped cream; garnish with sliced bananas. Serve at once.

HALLOWEEN CAKE

l c. milk

l c. sugar

l tbsp. milk

l sqs. chocolate

2 c. flour

l tsp. salt

tsp. salt

Tsp. vanilla

l tsp. orange flavoring

Cream shortening, and & c. sugar together *
Beat yolks stiff and add & c. sugar, add to
creamed mixture. Sift flour, B. P. and salt
and add alternately with milk. Beat whites
stiff, add & c. sugar and add to cake.

Divide in two parts. To one add melted chocolate and soda, milk and vanilla. To other add orange rind, flavoring and coloring Drop by spoonsful in greased and floured loaf pan in checkerboard fashion. Bake 50 or 60 min. at 3500 Frost sides with choc. frosting and top with boiled frosting tinted yellow. Decorate

COCOANUT CAKE

Cream & c. Dutter. Beat the set of legs until light; add & c. of sugar. Beat well and add to first mixture of shortening and sugar. Sift, then measure 3 level cs. Swans Down Cake. Flour then add & tsp. salt and 3 tsp. baking powder, sifting mixture three times. Take one cupful cocoanut milk, or one cupful milk and beat this liquid and the flour alternately into creamed shortening and sugar. Add 1 tsp. vanilla and leat thoroughly. Fold in lightly 3 stiffly beaten eggwhites. Bake in two medium layer pans in hot oven (375°) and let cool. Double receipe for three large layers.

COCOANUT ICING

Boil 13 c. sugar and 2/3 c. water until it spins a thread. Beat whites of 2 eggs until stiff; gradually pour syrup into egg, beating all the time. Add vanilla. Use 1 or 2 cs. grated cocoanut. Freshly grated, canned or dried cocoanut can be used. Mix 2/3 of the cocoanut in the icing and sprinkle the balance of cocoanut over the cake after frosting.

ANGEL FOOD CAKE 1 c. egg whites (8 to 10 eggs) 1 c. Swans Down ½ tsp. cream of tartar Flour, sifted once. measured and sifted cs. sifted sugar tsp. almond extract 4 times. tsp. salt 1 tsp. vanilla extract Pour the egg whites on a large platter, or in bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, flour in the same manner as the sugar. Pour into an ungreased angel food pan and bake in a very slow oven (275°) 50 to 60 min, increasing heat slightly when cake is almons done. Remove cake from oven and invert tin for 1 had or

ke is cold-

substitute for two egg whites with good results One half of this receipe may be used for a small ingel cake, and the egg yolks which are left to make a Sponge Cake.

ANGEL CAKE WITH FRUIT AND NUTS

Make batter same as plain Angel Cake.
Put half of the batter in a cake pan. 5 Put

1 c. nutmeats, mixed with 1 c. of grated
cocoanut, chopped raisins or candied cherries
on top of the batter; then add rest of the
batter. Spread e venly with a knife,
and run the knife through to the bottom
of the pan and gently mix the fruit all
the way around. Bake same as plain Angel
Cake.

SPONGE CAKE, USING EGG YOLKS ONLY

6 egg yolks
1 c. sugar
2 tsp. baking pwd.
1 c. S. W. Flour
2 c. S. W. Flour
3 tsp. lemon ex.
3 tsp salt

Beat egg yolks until light with a
Dover egg beater; add sugar gradually, then
hot water, beating meanwhile. Add flour,
stited with baking pwd. and salt, and beat
thoroughlt. Bake in a moderate oven, 3250
to 3500 about 45 minutes or intwo layers
about 25 minutes. Put layers together with
Cream Filling

CREAM FILLING

FRUIT CAKE

1b. (4) to 5 Cups) flour ; 1b. candied pine. 1 tsp. soda apple mace 1 lb. raisins currents ī 1 cloves currants 2/3 lb. citron cinnamon " candied cherric 1b. butter or other " " orange shortening l lb. brown sugar and lemon peel 10 eggs, well beaten b lb. dates l c. molasses nuts d c. honey 1 top. salt

\$ c. cider or any other liquid
Sift flour, soda and spices, cream shortening
add sugar gradually and cream until fluffy,
add beaten eggs, fruit, peel, nuts, honey,
molasses and cider. Add flour gradually. May
be baked in four pans \$x8x2 inches, lined with
greased, brown paper, in slow oven (2509) 3
to 3½ hours. Small loaves may be baked 2½ hrs.
or until done.

THREE MINUTE ICING

l cup sugar 2 egg whites tsp. cream of tarter Beat over boiling water 3 or 4 minutes, until icing raises well in boiler.

LEMON JELLY FILLING

Juice of l lemon l tsp. butter

g cup sugar l tbsp. boiling water

l tsp. corn starch l egg

Mix ingredients together and let simmer

until it thickens

MYSTERY FROSTINGS

* l pkg. Phila. cream cheese, l egg white g cup conf. sugar.
Beat until creamy

CAKE BAKING TEMPERATURE

KIND	TEMPERATURE	TIME
Angel	325-350	50-6 0
Cupcakes	375	25
Layer	375 -4 00	25-30
Loaf	350	60
Cookies	400-425	10-15
Pastry Shells	4 75	8-10
Fruit Pies	425-475	35-50

REFR PRATOR DATE IN NUMBELS

22 de Copped pitted dates 2 of brown at 1 granulated sugar 3 eggs; best

. water

rc. chopped nutmests

l c. shortening

Hapvaniela

2 o. brown mugs.
3 eggs, besten
4 cups sifted
flour

tsp. salt

tap. bak. pwd.

Combine the dates, sugar (granulated), and water in a saucepar and cook over low heat until thick, about 10 min. Add the nutmeats and cool. Meanwhile cream the shortening; add the brown sugar gradually while creaming. Add the well-beaten eggs and beat well. Add the remaining ingredients sifted together and mix well thoroughly. Divide the mixture in the parts and roll each out apparately into a rectangle a little less than thick. Spread each with some of the date filling and rollus as for a jelly roll into two long rolls. Chill thoroughly covernight if you can; then cut with a sharp knife into slices about 1" thick. Bake in a moderately hot oven of 400° for 10 to 12 min. Makes about 5 dozen cookies

In using an electric beater allow the shorteneing to soften at room temperature. Cream for abouted min. at high speed. Add the sugar gradually with the beater still at shigh speed. After all is added, scrape the bowl and beat 1 min. longer. Add the eggs unbeaten, one at a time and beat for 1 min. after each addition, with the beater still at high speed. Turn the beater to medium speed and add the sifted dry ingredients, mixing the second softeness.

mixing thoroughly.



Holden Bar

2/3 c. shortening li c.
2 c. brown sugar 2 tsp.
2 eggs, well beaten 1 tsp. salt
1 tsp. vanilla **
3 c. chopped walnut meats

Melt the shortening in the saucepan in which batter is to be mixed. Remove from heat and stir in remaining ingredients, first sifting flour, baking powder and salt together. Spread in a shallow pan about 12" x 8", which has been greased and lined with waxed paper. Bake in a moderate oven of 350° for 30 to 35 min. or and the surface will spring back with a seed lightly. Cool; cut in bars about 1 x and Makes about 28 bars.

BRAZIL NUT DAINTIES

1/8 tsp. salt ੈ c. shortening 1 c. sifted flour 1/3 c. bran. sugar 3 tbsp. canned pine-2 egg yolks 6 tbsp. ground Brazil apple juice thinly sliced nut meats tsp. grated lemon rind Brazilnut meats Cream the shortening; add the sugar and egg yolks, and cream thoroughly. Add the ground nutmeats, lemon rind, salt, and flour alternately with the pineapple juice. Drop by teaspoonsfuls on a greased cookie sheet and sprinkle with the sliced Brazilnut meats. Bake in a moderately hot oven of 400° 10 to 12 min. Makes about 24 cookies

SANDIES

6 tbsp. shortening
22 tbsp. conf. sugar
1 c. sifted flour
2 tsp. ice water

tsp. vanilla

Cream the shortening; add the conf. sugar and cream well. Add the flour, ice water, walnut meats and vanilla and mix well. Chill. Shape into rolls 1" long by 2" wide and place on a greased baking sheet. Bake in slow oven 300° for 30 to 35 min or until lightly browned. Remove from cookie sheet and shake immediately in a bag with the powdered sugar. Makes 20 cookies.

BRAN BUTTERSCOTCH REFREIERATOR COOKIES

l c. shortening

3 c. sifted flour

2 c. brown sugar

2 tsp. bak. pwd.

2 eggs, well beaten ½ tsp. salt

1 c. ready-to-eat bran cereal

Cream the shortening well and add the sugar gradually while creaming. Add the eggs and the bran cereal and beat well. Sift the flour, baking powder and salt together; add to the first mixture and blend thoroughly. Shape the mixture into a roll 2" in diameter. Wrap in wax or parchment paper and store in the refrigerator. When needed slice crosswise into cookies about 3/8" thick, arrange on greased baking sheet and bake in a hot oven of 425° for 10 min. Makes about 4 doz. cookies. Store in a tightly covered container.

VANILLE RIPFERL

c. shortening 2½ c. siftedflour c. powdered sugge 1/8 tsp. salt egg yolks

c. ground almonds; blanched

Cream the shortening. Add the sugar gradually while creaming. Add the egg yolks one at a time and beat well after each addition Add salmonds, flour and salt and mix well. Take mall pieces of the dough and roll on a lightly floured board into pencil-shaped pieces about 2"long and tapering at each end. Arrange on cookie sheets in crescent shapes. Bak e in amoderate oven of 375° for 10 min. Makes about 5 doz. crescents.

DATE AND NUT KISSES

2 egg whites, beaten la c. pitted dates, cut fine la c. gran. sugar la tsp. vanilla

 $\frac{3}{4}$ c. shredded almonds,

blanched

Combine all the ingredients and drop from a teaspoon onto a greased cookie short. Bake in a moderate oven of 375° for about 12 min. Makes about 40 kisses.

SUGAR COOKIES

(monio

cup butter 2 tsp. baking pwd. 1 tsp. vanillaor lemon l cup sugar 2 eggs well beaten l tbsp. milk tsp. salt about 12 cups flour Cream butter, addsugar, eggs and milk. Sif l cup flour and baking pwd. and salt togeth Add to mixture, then add rest of flour to right consistency. Chill, roll, sprinkle with sugar and bake at 375°. For variety, flavor with nutmeg or cinnamor or add chopped candied ginger of chopped nutmeats. 12-15 min

NOVEL LAYER COOKIES

(moma)

Spread any sugar cookie mixture in buttered tin. Beat 1 egg white, add 1 cup brown sugar and ½ tsp. vanilla and spread over cookie mixture. Sprinkle ¾ cup chopped walnut meats over all and press lightly. Bake 30 minutes in moderately slow oven, 325°, cut in squares or strips.

HERMITS

(mom's)

Jeggs well beaten | 1 cup chopped nuts | 3 cups flour | 1 tsp. soda dissolve | 1 tsp. grated nutmet | 1 tsp. grate

Mix ingredients together and drop on greased tin, if too rich add more flour.

175 hamil

BUTTERSCOTCH COOKIES

1 tsp. bak pwd. 2 c. brown sugar 1 tsp. cream of tartar 2 eggs 2/3 c. shortening 1 tsp. vanilla tsp. salt. 3 cups flour

Mix in this order, form in a roll and let stand over night. In morning slice and bake in a greased pan in a moderate oven.

CAKES

Cakes may be divided into two classes—Butter and Butterless or Sponge.

A good Butter cake should be fine grained or of smooth texture. This is obtained by accurate measuring and skill in combining ingredients which require effort and time. The butter should be creamed until light colored. Fine granulated sugar should then be blended well with it. Eggs should be separated and well beaten before adding.

Dry ingredients should be sifted before and after measuring and these should be added alternately with the milk to the butter, sugar, and egg mixtures. Beaten egg whites and flavoring should be then folded into batter. Butter cakes require a moderate oven.

—350 to 400 degrees Farenheit.

Sponge cakes require a slow oven—275 to 350 degrees Farenheit. Sponge cakes contain little liquid but great amounts of egg. Angel cake is a type of Sponge cake. Do not grease pans for sponge cakes.

Frost Cakes after they are cold.

Frosting should be cold when put on.

PASTRY

Skill is required in making good pastry.

Flakiness, crispness and tenderness are characteristics of good pastry; and these are realized by the selection of good ingredients, accurate measurements and skillful mixing.

Pastry should not be made in a warm temperature.

Shortening should be worked in with a blender.

Ice water is conducive to tender pastry.

Pastry can be handled more deftly if it is chilled before rolling.

Avoid too much handling of pastry.

BANANA SWEET BREAD

2 eggs, beaten 3 o, shortenint 1 c. milk 2 c. flour 4 thep. peanut butter 1 c. brown sugar 1 tsp. B. P.

3 bananas

pinch of salt 🤾 tsp. soda 🖟 Cream shortenting and peanut butter with sugar, add mashed bananam. Beat until al 1 are thoroughly mixed, add eggs and milk alternately with flour, that has been sifted with salt, soda and B. P. Beat again but only until combined. Placed in greased loaf pan. Bake 1 hour at 350°. (Let mixture stand 10 or 15 min. before putting in oven.)

BETTY'S BROWN BREAD

1 cup sugar, 1 cup molasses, 1 tsp. salt, 1 tbsp. shortening, 1 egg, 1 cup sour milk, a tesp. soda, 1 cup graham flour, \$ cup white flour. Add raisins or nuts to suit taste. Bake about 40 minutes. 30 30-35

WAFFLES

Beat 3 eggs, mix well 1 qt. sifted flour with 3 tsp. baking pwd.dry, rub 2 cup butter into flour and then add eggs. Use milk enough to make a batter which will pour into waffle pan, filling it 2/3 full.

HOT CROSS BUNS

l cake Fleischmann's 1 c. butter
Yeast 1/3 c. sugar
l c. milk, scalded and 1 egg
cooled 1 e. raisins or
tbsp. sugar
currants
tsp. salt

Dissolve yeast and 1 tbsp. sugar in lukewarm milk. Add 12 cups flour, to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draft, about 1 hour. Add butter and sugar creamed, egg well beaten, raisins or currants which have been floured, rest of flour or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl.

Cover and set aside in warm place, until double in bulk, which should be in aboud 2 hrs. Shake with hand into medium sized round buns, place in well-greased shallow pans about 2 inches apart. Cover and let rise again-about 1 hour, or until light.

Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake 15 minutes in hot oven 400°. Just before removing from oven, brush with sugar moistened water. While hot, fill cross with plain frosting, Makes 18 Bussel

KUCHEN

2 cups milk, scaled and cooled

12 cakes Fleischmann's

Yeast dissolved in a cup luke warm water, add 3 cups flour to make soft sponge let stand 1 hour add a cup soft butter, 2 eggs well beater, 1 cup sugar, a tsp. lemon extract, little salt, 3 cups flour. Let raise until light, put in jelly tins with big spoon, pat it down about 1 inch thick.

Let raise, brush with soft putter, sprinkle sugar and command, when nice and light tes. Makes 5 cakes.

RICE MUFFINS

l c. flour

l egg

2 tsp. bak. pwd.

1 tbsp. shortening

tsp. salt

l c cold boiled rice

l tbsp sugar

2/3 c. milk

Sift together flour, bak. pwd. salt and sugar; add milk slowly, then well beaten egg and melted shortening. Add rice and mix well. Grease muffin tins. Bake 20 to 30 minutes.

SPOON BREAD

2 tbsp. Crisco or 1 1

1/3 c. flour

butter

2/3 c. cornmeal

g c. sugar

2 tsp. bak. pwd.

2 eggs

bsp. salt

1 c. milk

Break eggs in a bowl, add the melted shorteneming and mix together. Then add milk and mix again. Bift dry ingredients together twice then add to other mixture. Stir until smooth, pour into a greased baking pan or casserole. Bake in a hot oven 15-20 min. Serve with a soppon from the dish it was cooked in.

GRANDMAS TEA BISCUITS

t pt. warm milk

1 tbsp. sugar

2 tbsp. butter or Crisco

1 egg well beaten

l cake Fleischmanns yeast

Stir in flouruntil it can be rolled like doughnuts. Let raise 2 or 3 nours, roll and cut with small cutter. Butter tops, put one on top of the other. Let stand and raise another hour or longer. Bake in a hot oven.

BREADS

Different kinds of breads are made from flour mixed with a leavening agent and a liquid. Breads are sweetened and flavored in many ways and shortened or made tender by the additions of fat.

Equal amounts of dry and liquid ingredients make a pour batter—as popovers. Twice as much dry as liquid ingredients make a drop batter—as muffins, cake. Three times as much dry as liquid ingredients makes a soft dough—as biscuits. Four times as much dry as liquid ingredients make a stiff dough—as pastry.

Methods of Raising-

All breads are leavened or lightened by the introduction of some gas which makes the bread porous and therefore more digestible. Three gases function in this lightening of breads—steam, air, and carbon dioxide.

- (1) Steam is produced in every mixture which is send and seldom functions alone except occasionally in this tures. When this is put into the hot oven the liquid is conviction into steam, which expands and puffs the mixture up several limes its original size.
- (2) Air is introduced in three ways: by sifting flour, beating mixture and by the addition of beaten eggs. As the mixture bakes the air expands and raises it. Air is present in every mixture which is baked.
- (3) Carbon dioxide is obtained in two ways—by means of yeast or by means of a baking powder.

SUET PUDDING

2 eggs, 1 cup sugar, 2 cups molasses, 2 cups suet, 2 cups milk, 2 cups raisins, 2 cups currants, 1 cup citron, 2 teaspoons salt, 1 teaspoon nutmeg, 2 tsp. cloves, 2 tsp. cinnamon, 2 tsp. saleratus, 7 cups flour. Steam 3 hours.

to direction

SUET PUDDING SAUCE

all together and pour print boiling water on mixture, add vanilla.

BLANC MANGE

Put one qt. of milk on the stove in a double boiler, add & cup of sugar and a pinch of salt. When boiling hot stir in 3 tbsp. of cornstarch mixed with a little cold milk, flavor to taste. Pour in wet moulds. Serve cold with cream or custard.

BIRD'S NEST PUDDING

Grease a pudding dish and cover the bottom with quartered apples. One pint of flour, a eup pt. milk, one egg, 3 tbsp. melted butter, I tbsp. of sugar, salt, 2 tsp. bak pwd. Pour this over the apples and bake one hour. Serve with sauce.

CREAM TAPIOCA PUDDING

Cover 3 tbsp. of tapioca withwater and let it stand over night. The next morning add 1 qt. of milk, small piece of butter, a little salt and boil. Then add the yolks of 3 eggs, 1 cup of sugar 3 tsp. of corn starch; boil all to a very the custard. When cool cover with the whites the eggs, flavor with vanilla + 3 tap sugar + /utap llq purk.

Brown meringin move

RICE DESSERT

toup rice cooked in 1 qt. of milk. Add toup sugar and top vanilla when taken from the fire. Cool. Add 1 No. 2 can of pineapple, drained, do not use the juice. Add to b. marshmallows cut in small pieces. to pt. whipped oream. Add and top with cherries.

ICE BOX CAKE

Line dish with lady fingers.
Royal pudding as per instructions. When cool, put in regrigerator for 45 min. Serve with whipped cream and cherries

HARD SAUCE

l cup sonf. sugar 1/3 cup butter l egg l tsp. vanilla Cream until real stiff, them cool

DESSERTS

Include fruit in the dessert if it is not in any other part of the meal or the day's meals.

A heavy rich dessert should not be served at a heavy meal.

Jello or gelatine provides the basis for many delightful desserts.

Refrigerator desserts are becoming increasingly popular.

Ices and sherbets are sweetened fruit juices combined with water, milk or cream.

Mousses are frozen whipped cream desserts.

CANNING KENTUCKY WONDER BEANS FOR SALAD

Cut beans in long slices. Boil in luke warm salt water until tender. When done, drain. For six quart cans of beans use:

l qt. vinegar 2 Qts. water 12 cups augar

Bring to a boiling point. Add beans and reheat. Pack in jars and seal.

PIECE AND MARKET

CUCUMBER PICKLE

Scrub cucumbers and put into cans.
To 1 gal. of mild vinegar add 1 cup sugar
1 cup salt, 1 cup mustard, ground, Stir
until dissolved. Pour cold mixture over
cucumbers and seal.

CARROT MARMALADE

4 cups ground carrots 1 orange ground 3 lemons ground fine fine 5 cups sugar.

Mix all together. Let stand 10 minutes. Cook 1 hour.

PEACH PRESERVE

7 lbs. peaches sliced 4 oranges
6 lbs. sugar
1 pt. maraschino
cherries
add liquor from cherries, 2 tbsp. peach pits
cut fine. Boil 20 min. (3 small bottles
of cherries for this amount.)

CRANBERRY AND FIG MARMALADE

1 bb. cranberries juice and pulp of 2

1 lb. shredded figs lemons

2½ cups sugar
Mix together 10 min. Cook cranberries until
they pop.

PRESERVES

Always select fresh, firm and slightly under-ripe fruit for canning.

In canning, the principle of sterilization is an important factor.

A deep wire basket is a most convenient piece of equipment in blanching and cold dipping fruits or vegetables.

Make a solution of one quart water and one tablespoon salt and drop peaches or pears into it after removing peel and while waiting to be cooked. This prevents their discoloration.

Syrups of	three consistences may be used for	r canr	ning.
T hin	1 cup sugar	3 cups	water
Medium.	1 cup sugar2	cups	water
Heavy	1 cup sugar	1 cup	water

Oven processing requires a temperature of 275° F.

Glass jars of fruit or vegetables should be inverted while cooling so that the seal may form.

Pectin is the active principle in jelly making and is not present in over ripe or too under ripe fruits. It is not more expensive to add commercial pectin in jelly making as a larger amount of jelly is obtained from the same amount of juice.

BEET, ONION AND EGG SALAD

Arrange alternately 3 slices of beets and slices of hard cooked eggs and I slice of spanish onion on crisp lettuce. Serve with mayonnaise. Make toasted sandwiches, spread one slice with snappy American cheese.

PINEAPPLE SALAD WITH CUCUMBER SANDWICHES

Drain crushed pinaapple or pineapple tid-bits. Mis with twice their volume of Cottage Cheese. Add a well flavored mayonaise and mix well. Chill and arrange in a nest of water cress and serve with crisp cucumber sandwiches.

CHILLED PINEAPPLE SALAD (Blanche Miller

1 10% can crushed pineapple

10¢ pkg. cream cheese

1 lb. marshmallows cup mayonnaise

t pt. whipping cream, whipped Add cherries if desired, chill and serve on lettuce.

VELVET SALAD

- 1 lbs. White Grapes or white cherries
- l large can sliced pineapple diced
- b lb. blanchedaalmonds
- 1 lb. marshmallows or more.

Custard:

Yolks of 4 eggs

d cup pineapple juice

Cook these together and when cool pour over fruit. Whip \$\frac{1}{2}\$ pt. cream until stiff and mix with all ingredients. Cool in refrigerator all night. This will serve 12 or more. Serve with nut bread sandwiches and coffee.

PARADISE SALAD

Juice of 1 can pineapple, thicken with 1 egg, dtsp. cornstarch cooked to consistency of custard. When cold cut in marshmallows and almonds. Flavor with lemon. Serve on inverted apricots. Top with whipped cream

PINEAPPLE MARLOW DESSERT

Cut marshmallows as small as possible.
Heat with pineapple. Cool. Add to whipped cream, pecans or marachino cherries. Place in refrigerator for 2 hours.

PINEAPPLE WHIP

2 tbsp. tapioca, soak in 1 cup of cold water over night, add ½ can crushed pineapple, ¾ cup sugar and pinch of salt.
Put into double boiler and cook until it is clear. Let cool. Whip ½ Pt. cream and fold into mixture. Serves about 6

SALAD A LA JARDINE

To 1 pt. of diced chicken or veat, add equal parts of asparagus tips, peas, chopped string beans, chopped celery and a few pecan kernels.

Mig carefully with mayonnaise and garnish with a sprinkle of paprika. Serve on lettuce leaves.

MAYONNAISE

1 egg 1/8 tsp. paprika
2 tbsp. sugar 2 cup vinegar
12 tsp. salt 2 cup Mazola
2 tsp. dry mustard 1 cup water
4 tbsp. cornstarch

Put egg, sugar, seasonins, vinegar and Mazola in a mixing bowl but do not stir.

Make a paste by mixing the cormstarch with top water, add additional to cup water and cook over slow fire, stirring constantly until it boils and clears up. Add hot cornstarch mixture to ingredients in mixing bowl and beat briskly with Dover egg beater. Cool before serving.

PINEAPPLE RELISH

l c. weak vinegar l c. Calif. walnuts

cup sugar l c. diced pineapple

l pkg. lemon flavored 1 c. sweet pickles gelatine

1 cup warm water

Boil vinegar and sugar until it spins a thread (232°). Dissolve gelatine in warm water and add to sirup. Chop walnuts, pineapple, pickles; mix well, and pour gelating mixture over this. Dhill until firm

This is just the complement for rump roast, browned potatoes, mashed rutabagas and crusty corn sticks. May also be used as a salad.

BEET RELISH

l qt. finely chopped l c. chopped onion

cabbage 1 c. grated horse-

l qt. chopped boiled radish

beet 1 tbsp. salt

2 cups sugar 1 tsp. black pepper

½ tsp. red pepper

Mix ingredients well, cover with cold vinegar and keep well corked or sealed.

SALADS

Salads should be excellent sources of Vitamins, Minerals and Cellulose.

Lettuce and the vegetables and fruits which make up the body of the salad should be fresh, crisp, and tender.

The small or medium sized serving of salad is more appealing than the large serving.

There is no part of cookery in which more originality can be shown than in the preparation of salads.

Salad greens may consist of lettuce, romaine, endive, watercress, chicory, dandelions, etc.

French dressing is correct on all salads.

Mayonaisse is used particularly on meat and fish, fruit, vegetable and egg salads.

Vegetables, meats, chicken and some fruits are often mixed with a small amount of French dressing and allowed to chill in a refrigerator one hour before serving.

Do not stir salads.

The ingredients should be mixed together lightly, blending the dressing thoroughly.

CLAM CHOWDER

(aunt Janie)

Fry out 1 lb. salt pork then add 3 qts. water. Cut 3 large carrots in small cubes, 4 potatoes 1 bunch of celery in small cubes. Put 7 onions 1 green mango through the fooD chopper, add 1 large can tomatoes and some chopped parsley, a little thyme, celery salt and paprika. At last add 1 dozen clams (more if desired) chopped in small pieces.

To open clams put in a pan with a little boiling water and steam for a few minutes, then strain the water through a cloth and add to mixture. The receipe calls for 1 tbsp. of flour to be put in just before removing from the fire but it is better without.

SOUPS

Soups may be very nutritious, especially those made of dried beans and peas and those which have milk in them.

Soups which contain vegetable puree, that is vegetable forced through a sieve, separate on standing; the thick part settling to the bottom, unless they are slightly thickened with flour which is called the binding of the soup.

Soups should be well seasoned rather with a little of various seasonings than with much of one.

In making soup stocks, cut meat in small pieces, put on to cook in cold water, and cook slowly for several hours.

Soups made from clear meat broth or stock are known as bouillons and consommes.

Consomme is made from two or three kinds of meat, is highly seasoned, cleared and strained.

Consommes may be served cold or jellied.

Bouillon is made from lean beef and is delicately seasoned.

The water in which vegetables have been cooked and left over cooked vegetables can be used in making soups.

HARVARD BEETS

4 c. cubed cooked beets t c. water ਰੇ c. sugar t c. vinegar tbsp. cornstarch 3 tbsp. butter pepper and salt

Mix sugar and cornstarch. Add liauid and boil five minutes then add beets, let simmer for several minutes. Add butter and serve.

HARVARD BEETS

2 c. diced cooked beets 2 tbsp. butter g c. sugar t c. vinegar 2 Tbsp. flour ★ c. water

tsp. salt Mix sugar, flour, vinegar, water and cook until thick, add butter and beets.

SQUASH PUDDING WITH BACON

1 qt. steamed squash to cup rich milk 3 tbsp. butter melted Salt & pepper Marshmallows 🛓 c. brown sugar 2 eggs Bacon Mix squash with all ingredients except marshmallows. Pour half mixture in buttered casserole, add layer of halved marshmallows? Add remainder of squash and place strips of bacon across top. Bake at 4000 until nicely browned.

GLACED CARROTS

3 cs. cubed raw carrots to. water 4 tbsp. butter 1/3 c. sugar 🕏 tsp. salt

Steam carrots in water on high heat until boiling then turn to low and steam until tender. Add butter and sugar and salt. to medium and cook until glaced. Served garnished with chopped parsley.

BAKED CORN

l can corn
2 eggs
peppers sauted in
salt and pepper
2 tbsp. butter
1 tbsp. grated nion
1 pimento
Mix well, pour on broiler pan. Place ham
and potatoes on rack.

BAKED SQUASH AND SAUSAGE

2 c. squash
2 tbsp. butter
1 or 2 eggs
2 tbsp. sugar
Steam squash in Thrift Coker, when tender remove from skin, add above ingredients.
Place in buttered baking dish with alternate layers of sausage. Bake at 350° for 45 min. to 1 hour.

CANDIED SWEETS

Place slices of previously cooked or raw sweets in shallow pan; cover with maple sy. add dots of butter and season. Bake with dinner.

KENTUCKY WONDER BEAN SALAD

crisp, add salt, pepper and 2 thsp. sugar, cup vinegar, (half water and half vinegar) to bacon fat and pour over beans.

CORN FRITTERS

l pint corn, 2 eggs, ½ cup milk, ½ cup flour, l tsp. butter, l tsp. baking powder, pinch salt. Fry in hot fat.

SALMON CROQUETTES

l can salmon, l egg, salt and pepper, l cup milk, cracker crumbs enough to thicken to make into cakes. Fry either in deep fat or frying pan.

SPANISH RICE

2 cups stewed tomatoes 2 cup snated cheese 4 level tbsp. raw rice 3 tbsp. chopped 1 cup boiling water onion 3 tbs. butter Salt, pepper and paprika

Wash rice and put it in bowl, add butter, seasonings, cheese, hot water, tomatoes and onions. Turn into a greased dish and bak e in a moderate oven one hour, or until rice is tender.

STRING BEANS

Melt bacon fat steaming hot, add little onion and brown, add thep. flour and hot water or meat stock. Pour over string beans that have been cooked and seasoned with salt and pepper.

GERMAN BAKED BEANS

(Lois

l lb. beans
l tsp dry mustard
l b. salt pork
l large onion
l tsp dry mustard
l tsp. molasses
l tsp. pepper

t cup catsup

Soak beans overnight; in the morning put on stove and let come to a boil; add a pinch of baking soda, and let boil about 3 min. Drain water off and rinse beans in cold water. Put back on stove and boil 20 min in salt water. Remove from fire and place in casserole or bake dish, in layers of beans, sliced pork and onion. Mix rest of ingredients together and pour over beans. Be sure to haveenough bean liquid so they will not bake too dry. Then put in slow even and bake until done, about la hours.

BAKED BEANS VEGETARIAN

l pt. pea beans 1 tsp. dry mustard

tsp. baking soda 1 small onion, minced

tsp. salt 2 c. Karo, Blue-babel

tsp. pepper 1/3 c. Mazola light syrup

Soak the beans over night. In the morning

drain and boil till the skins begin to loosen,
in water containing the soda. Drain, combine
with the other ingredients in an earthenware
casserole. Cover, bake slowly 2 hours, uncover
to brown.

SAUER KRAUT AND TOMATOES

L Can sauerkarut

l No. 2 can tomatoes

2 onions cut fine
frankfurters
leat on high until steam c

Heat on high until steam comes from thrift cooker vent

ITALIAN SPACHETTI

l onion, sliced thin la tbsp. Crisco
4 tbsp. chopped green l can tomato paste
pepper la cups water
1 lb. mushrooms, chopped a tsp. salt
1 lb. chopped beef lb. spaghetti
Fry onion, green pepper, mushrooms and
meat in Crisco until a delicate brown, stirring
constantly. Add tomato paste, water and salt
and cook 20 minutes. Cook spaghetti in
boiling water until tender. Drain. Serve on
a hot platter and pour the hot sauce over it.

MACARONI .

Have macaroni cooked and water run through it. Add it to the following: cook bacon until crisp, add finely cut onion and cook until golden brown., add to can tomatoes, cook and add macaroni.

MACARONI WITH CHEESE

Break 1 lb. of macaroni and pourover it 3 pints of boiling water, add a little salt and boil slowly one hour. Then put in colander and pour over cold water until cold. Make a dressing of one cup of the water in which the macaroni was boiled, one cup of milk, boil; add 2 tbsp. of grated cheese, 2 tbsp. of flour, 1 tbsp. of butter, little salt and cayenne pepper mixed smooth in a little cold milk, pour into the boil ng liquid on the stove. Put the macaroni in a buttered baking dish. Pour over the dressing, sprinkle with grated cheese and bake one hour.

BAKED NOODLES

1 cup uncooked noodles boiling water

1 cup bottled milk or b cup evaporated milk diluted with 🖢 cup water

2 beaten eggs

1 cups chopped ham

tsp. salt

tsp. petter Fike

4 tbsp. butter

g cup. chopped green pepper

1 tbsp. grated onion

1 cup buttered bread crumbs.

Measure out 1 cup of wide noodles cut into short lengths. Cook the noodles in boiling water and drain. To the noodles add the milk beaten eggs. ham and the seasonings, including the green pepper and onions. Place in a greased baking dish, cover with buttered crumbs and bake in a moderate oven, 350-3750 for 40 min. 1 cup of mushrooms may be added and chopped beef or chicken may be used in place of the ham

MACARONI SALAD

1 pkg. macaroni in 3 qts. salted boiling water, let cold waterrun through then add 1 cup chopped calery, 2 10¢ glasses red mango, onion, salt and pepper and mayonnaise.

VEGETABLES

Vegetables are important in the normal diet due to their vitamin, carbohydrate and mineral salts values.

Do not waste any of a vegetable food value by careless preparation and cooking.

A great deal of food value is lost by starting vegetable to cook in cold water and by cutting them into small pieces before cooking.

When food is put into boiling water the outside is seared by the heat and the juices, flavor and goodness is thus retained.

Do not add water to spinach for cooking. Cover tightly and allow to cook in its own water.

Strong vegetables as cabbage should be cooked uncovered and then there will be less odor.

Steaming and baking are excellent methods of cooking vegetables.

GOULACH

(Mrs. Barrett)

Fry hamburg in small pieces with onions, add tomatoes, season well, add cooked macaroni.

MEAT LOAF

3 lbs. beef, ½ lb. pork chopped fine, 4 slices of bread wet with milk, 2 eggs, 1 cup milk, 1 tsp. pepper, 4 tsp. salt, sage if desired. Mix all together. Bake 1 hour.

SALMON CROQUETTES

l can salmon, #1 egg, salt and pepper, l cup milk, cracker crumbsenough to thicken to make into cakes. Fry either in deep fat or frying pan

SCALLOPED OYSTERS

Butter an earthen dish, then sprinkle with cracker crumbs, then put a layer of oysters and lay on small pieces of butter, dredge with salt and pepper, add another layer of cracker and of oysters, seasoning as before mutil the dish is full, cover with the cracker crumbs, seasoned and dots of butter, pour milk over the top, making holes with the fingers so it may be well moistened. Bake about an hour. Bread crumbs may be used instead of crackers.

RICKLED MEAT

Soak meat over night in vinegar with pickling spice, drain meat from vinegar next morning, brown meat, strain vinegar and pour over meat add onion, brown gravy add ginger cookies to thicken and flavor, salt and pepper.

SALAD A LA JARDINE

To 1 pint of diced chicken or veal add equal parts of asparagus tips, peas, chopped string beans, chopped celery and a few pecans kernels.

Mix carefully with mayonnaise and garnish with a sprinkle of paprika. Serve on lettuce leaves

CITY CHICKEN LEGS

Place alternately $l_{\overline{z}}^{n}$ square pieces of veal and pork steak on skewers. Press together to resemble chicken lets, season and dip in crumbs, egg, and crumbs. Frown in fat, place in casserole in oven and bake.

war

FISH

Fish spoils quickly and is at its best immediately after its removal from the water. Frozen fish should not be thawed until the time for cooking.

Fish is best broiled or baked, but may be boiled or fried.

Add lemon juice to dry fish or marinate it in oil, or fry in fat to develop flavor.

Less time is required for cooking fish than meat and it is sufficiently cooked when it can be flaked easily with the point of a knife

Serve a rich sauce with boiled fish, such as Drawn Butter, Egg or Hollandaise.

MEAT

To keep the juices in meat, sear the outside with intense heat and then reduce the heat to cook the meat through.

To extract juices, as in making soups or in cooking too salty meats, start cooking the meat in cold water.

Good beef is elastic and firm to the touch and vivid red in color and has some fat of cream color clinging to it.

Meat should be cleaned by wiping it with cheese cloth which has been wrung out of cold water.

SANDWICH LOAF

This includes all the refreshments needed up to the dessert. Any desired fillings may be used but these provide good variation in flavor and color.

Serves 12

l loaf sandwich bread \$\frac{3}{4}\$ lb. cream cheese
Relish filling cream
Date filling pickles
Hard cooked egg filling olives
Butter pimentoes

Remove all crusts from bread. Cut in 4 lengthwise slices. Butter the first slice on one side, spread with the date filling and top with with the second slice, which has been buttered on both sides. On this spread the egg filling made by moistening chopped hard cooked eggs with salad dressing and adding 2 pickles, chopped, and seasonings. Add the third slice of bread, buttered on both sides and spread this with the relish filling. Butter the fourth slice on one side and place on top, the buttered side next to the filling. Press all slices together firmly. Soften the cream cheese, add cream until of a consistency to spread easily the cover the entire loaf with it just as you apply cake icing. Set in a cool place for from 3 to 4 hours. Just before serving garnish with slices of pickles, olives and pimentoes. Place on a platter, surround with lettuce cups holding cinnamon apples and large white cherries stuffed with nut meats. Serve at the table, placing a slice on each plate with a serving of salad. Pass mavonnaise dressing.

Put the dates through the food chopper. Add the other ingredients, stir thoroughly and cook slowly until thick and well blended. Cool.

RELISH SANDWICH FILLING

1 lb. dried beef 1 can tomato soup 1 lb. cheese 1 egg

l green pepper

Put the fried beef, cheese and green per pepper through the food grinder, add the tomato soup and cokuntil the ingredients are well blended. Just before removing from the heat, beat the egg slightly and add, stirring constantly, cool before using.

CINVAMON APPLES

2 CUPS sugar Cinnamon candies 1 cup water Apples

Cook sugar andwater and enough candies to provide a good deep color until the candies are dissolved. Into this drop firm applea, peeled and cut into eighths. Cook until tender but not soft. Remove from syrup carefully to avoid breaking and allow to cool.

SANDWICHES

Sliced canned corned beef put between rye bread with a slice of spanish onion and good mustard.

Spread a slice of bread with a layer of peanut butter, cover with criep slices of fresh cucumber pickle.

Baked beans blended with catsup or chili sauce and mayonnaise.

LULU PASTE

3 egg yolks 3 tbsp sugar
3 tbsp. vinegar salt
Cook until thickm not too long just
creamy, stir continually then add butter
size of an egg, cool. Add 1 lb. Creamed
cheese, 2 green mangoes chopped fine, 1
tbsp. onion chopped fine, olives if desired
then add to dressing. Spread on bread.
This keeps well

PIMENTO SANDWICHES

l can canned pimento
3 hard boiled eggs
salt and pepper and mayonnaise

UNCOOKED FUDGE

Melt 8 squares (1 cake) cholocate. Beat the yolks of 2 eggs into choc. Add butter size of walnut. Add 2 boxes confectionery sugar, salt and vanilla and 1 can of condensed milk.

MRS. DECKERS FUDGE

3 tbsp. cocoa

l can condensed milk
Put in double boiler and have water boiling.
Cook 8 minutes, stir constantly. Add 2 cups
conf. sugar, butter and vanilla and spec of
salt.

CANDIED ORANGE PEEL

Remove peel from 4 oranges in quarters. Cover with cold water, bring to boilingpoint and cool slowly until soft. Drain, remove white portion, using a speon, and cut yellow portion in thin strips, using scissors. Boil cup water and l cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain and coat with fine granulated sugar.

PUFFEDGRICE CANDY

l cup brown sugar l tbsp. vinegar l lump butter

sal t

Cook until it hairs. Stir in $\frac{1}{2}$ box of puffed rice while rice is hot.

EGGS

Eggs should be cooked at a low temperature so that their protein will not be toughened.

When using many eggs at one time break each into a small dish so as to detect any which may have spoiled.

Eggs may be hard cooked in double boiler for 30 minutes.

If eggs are used to thicken custards they must be cooked at a low temperature or the custard will curdle or become watery.

CHEESE

Cheese is made from whole or skimmed milk. The various flavors are obtained from different bacteria.

Cheese dishes should be cooked at a low or moderate temperature. A high temperature makes its protein stringy and tough.

Keep cheese wrapped in wax paper in refrigerator.

DRINKS

The beverages really useful to us as food are milk, cocoa, chocolate and fruit drinks.

Cocoa is chocolate with most of the fat or "cocoa butter" removed.

Tea and coffee are injurious if taken in excess and are always harmful to children.

Never boil tea or allow it to steep more than 5 minutes.

Prepare iced tea by pouring freshly prepared strong tea into a glass of chipped ice. Serve with sugar, slice of lemon or orange.

Prepare iced coffee by pouring freshly prepared strong coffee into a glass of chipped ice.

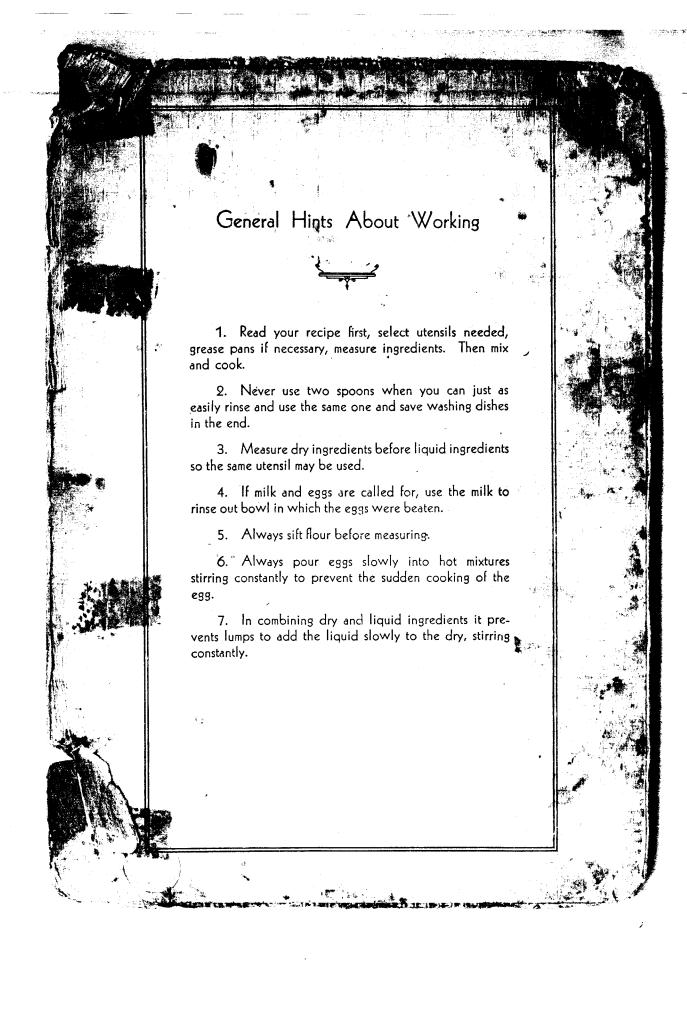
Cocoa is a suitable hot drink for a child's breakfast. It should be thoroughly cooked because of its starch content.

Chocolate is too rich to be used as a breakfast drink.

Tart fruit juices serve as excellent and stimulating breakfast drinks.

MORE THAN Back of Every Bag Chocalate. Cookus 1/4 typ soda 1/2 cup butter 1 Cuplerown sugar I top bokg pur 1/2 cup sommeth 1 tap salt 2 sq melted Char 11/2 caps flow Even Dutter, add sugar, 199 altocher. adding enged sifted light from the from the property backer is a mark along. only Much who had

b. Sim Comam Pin 1 cupraisin 1 the flow flow, som wierigstogether. herapic plots with past pur in mythere per on top with a bake in his over 400 for some de



No. 82 The Green Kidge Presbyterian Church Scranton, Pennsylvania Certificate of Membership This is to certify, that Walter Siles Powell united through Confession of Taith with the Green Ridge Presbyterian Church on the Fifteenth day of Jebruary in the year 1931. "Now therefore ye are no more strangers and sojourners, but fellow citizens with the saints, and of the household of God; and are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone." Ephesians 2:19,20. "In the Name of the Lord Jesus, the Officers and Members of this church, bid you welcome to its fellowship and to its covenant privileges. We promise to watch over you and seek your welfare in the Lord. And we pray God that all of us being united in the faith, may be preserved blameless unto the coming of our Lord Jesus Christ." The Book of Common Worship

Commonwealth of Pennsylvania

DEPARTMENT OF PUBLIC INSTRUCTION HARRISBURG

To the pupil entitled to this seal:

Your teacher's report indicates that during another year you were neither absent nor tardy. You are therefore entitled to a seal, which your teacher has authorized this Department to issue to you. You should fasten this seal to your certificate close to the right of the last one on the certificate.

The Department of Public Instruction joins with your teacher in hoping that you will continue to maintain a perfect attendance record as long as you remain in school. If a certificate is filled with seals the pupil is eligible the following year to a new certificate of perfect attendance.

Do not return your certificate to the State Department next year. If your teacher reports that you are entitled to a seal, it will be sent to you.

Over 191,000 boys and girls in Pennsylvania maintained perfect attendance records during the school year 1926-27. This is an excellent record. It is hoped that the record for the current year will be even better.

The Department takes this opportunity of congratulating you upon your attendance record, for such an achievement indicates that you appreciate the great value of the educational opportunities which the Commonwealth of Pennsylvania and your local school district are affording you.

Sincerely yours,

J. Y. SHAMBACH, Director,

Child Helping and Accounting Bureau

Approved: JOHN A. H. KEITH, Superintendent of Public Instruction

COMMONWEALTH OF PENNSYLVANIA



DEPARTMENT OF NO. SERIES 1927 PUBLIC INSTRUCTION

57021

CERTIFICATE OF PERFECT ATTENDANCE

Walter Powell , a pupil in the public schools This is to certify that... of the Commonwealth of Pennsylvania, in accordance with a statement filed by the teacher with the Bureau of Attendance, Department of Public Instruction, has been neither absent nor tardy during the school year certified below by the seal of the Department of Public Instruction.



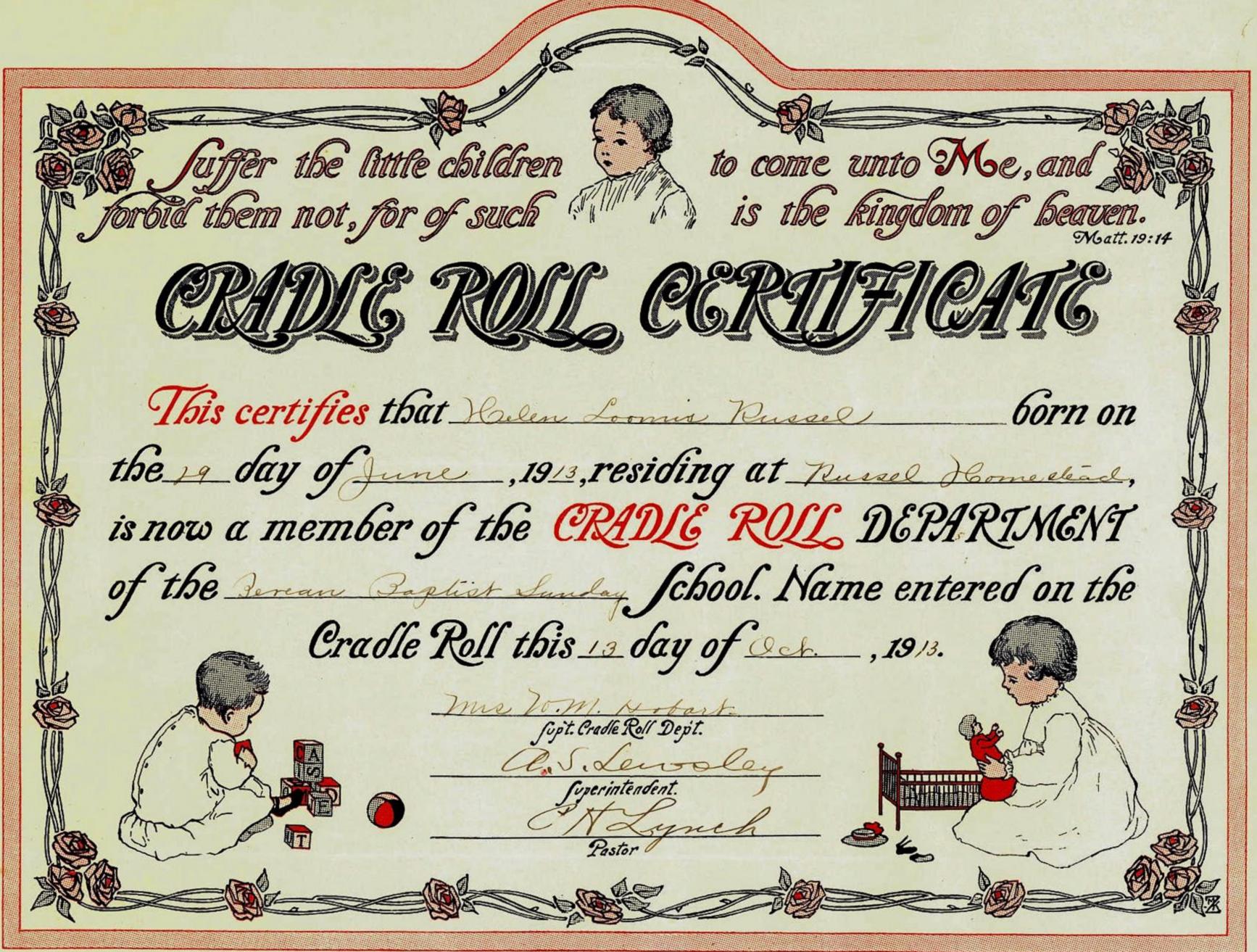






Ins. a. Dempsey

Superintendent of Public Instruction.





Walter S. Powell

having satisfactorily completed the Studies prescribed for the High School Course merits this



In Testimony Whereof, the Board of Education the Superintendent of the
Public Schools and the Principal of said High School have hereunto set their hands
this mint touth day of June 1930

Jaseph 6: Kelly Principal of the High School

ME Defects

President

Secretary



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